

# FOOTPRINTS



NEWSLETTER OF THE  
HOWARD COUNTY STRIDERS  
VOLUME 32, No. 2 — SUMMER 2012



*Spiderman briefly appeared just before the 2012 Clyde's 10k started. After that, he was nowhere to be seen. (photo by Dickie George)*

## UNSONG WINS FIRST RACE

The Annapolis Striders are trying to put a racing team together again, and with that in mind team member Candace Dickson registered at the last minute for the 34th Annual Clyde's 10k. She certainly started the race with considerable authority, seizing an early lead among the women at the top of that long first hill. But the Howard County racing team answered this challenge with its own weapon, *Unsong Ostrowski*, who relentlessly tracked Dickson through the first three miles. Seeing the lead collapsing, Unsong passed Candace "with authority" around that point in the contest, and pulled away on that

unforgiving climb up the hill on Route 108. By the time Ostrowski turned the corner into the Running Brook community, the race was hers. Unsong cruised the remaining mile and a half and won with a personal record 38:18. She credited her success to Coach *Bobby Gessler*, whose Tuesday morning track sessions have elevated the games of several of Howard County's top runners.

The men's race came down to a battle of attrition between Kyle Stanton, *Carlos Renjifo*, and Dustin Meeker. The three fairly leapt up the initial hill at a blistering 5:15 pace and rapidly pulled away from the field. At three miles, the wicked pace forced Meeker to fall back, leaving Stanton and Renjifo, Captain of the Strider racing team, slugging it

out up the long hill on Route 108. By the top, only Stanton was still standing, and he won the race by a margin of over 30 seconds (32:01). A native of Columbia, MD, Mr. Stanton runs for Villanova University, and Clyde's marked the first time he had ever competitively run a 10k race. Generally a marathoner, he ran the 10k to get in some speed work! And winning the race wasn't bad for a first timer, either.

*Peter Keating*, the first master runner, watched the men's battle from far, far behind. After about three miles, though, the leaders had faded into the distance, and he had his hands full trying to race *Kent Werner*. Keating finished in third in last year's 10k, but this year there was more competition and he was seventh overall (34:50), while Werner flashed into fourth place (34:23).

No stranger to Clyde's, *Robyn Humphrey* placed first among the master women. She ran almost the same time as last year, when she won the race outright, but this year she finished only fourth (40:13). She also faced more competition than last year. [Actually, *Kelly Westlake* was the first masterwoman to finish, but because she finished second overall (39:48), she won an overall award.]

Why the sudden increase in competition? This year, the Howard County Striders went all out for "the big field effect." They sent out waves of emails urging the local runners to sign up for Clyde's. And not competing with the Pikes Peek 10k in Rockville (two weeks later this year) also helped out. The enhanced advertising and strategic scheduling lead to the field closing out at 2000 registrants the week before the race. And thanks to some beautiful Spring weather on the morning of the race, most of those 2000 actually showed up. 1798 finished.

Clyde's of Columbia treated the runners to a fabulous post-race brunch at the shore of Lake Kittamaqundi. Those finishing in the latter half of the field faced long lines for the food and beer, but there was plenty for everyone even after the awards ceremony.

Overall race winners received Clyde's beach chairs, beach mats, and gift certificates from Feet First of Hickory Ridge. Age group winners received either beach mats or beach chairs or Clyde's caps. All registrants received a technical t-shirt with Clyde's logo.



*By the time Unsong Ostrowski got to the finish lines, all the other women were history. (photo by Dickie George)*

Besides Unsong, several Striders reported personal records. Among these, *Michael Mbugi* ran 10km about six minutes faster than he ever had before (37:45). He's aiming for a sub-36. *Katie Gessler* celebrated entry into her second decade with a 43:27 personal best. *Julie Skinner* set a personal record "by a lot", and she almost broke 50 minutes (50:06). *Chris Farmer* would have set a personal record— his 44:30 was only 15 seconds slow— except for the heat. He aiming to run 150 races in 2012. "So far, I've run 47 races this year."

The 2012 race marked the 34th running of the race, which has enjoyed the support of Clyde's of Columbia for all those years. *Dennis Albright* directed the event, with the assistance of Howard County Strider volunteers and the Howard County Police.

Complete and fully authorized results  
can be found at

[www.striders.net](http://www.striders.net)



*The Gessler Girls (right to left), Robyn Humphrey, Tacy Powell, and Pat Wilkerson pose with Coach Bobby. (photo by Issel)*

2012 Clyde's 10k  
Columbia, MD — 15 April 2012

Overall Men

1. Kyle Stanton (Columbia, MD)	32:01
2. Carlos Renjifo (Columbia, MD)	32:37
3. Dustin Meeker (Baltimore, MD)	33:35

Overall Women

1. Unsong Ostrowski (Laurel, MD)	38:49
2. Kelly Westlake (Ellicott City, MD)	39:48
3. Pamela Markley (Vincenza, Italy)	40:11

Overall Masterman

1. Peter Keating (Columbia, MD)	34:50
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Overall Masterwoman

1. Robyn Humphrey (Ellicott City, MD)	40:13
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1-14 Male

1. Bryce Rosicky (Columbia, MD)	41:43
2. Corey Grable (Ellicott City, MD)	47:04
3. Ben Metzler (Catonsville, MD)	47:15

1-14 Female

1. Avery Cunningham (Annapolis, MD)	42:42
2. Sydney McNamara (Columbia, MD)	52:01
3. Allie Doherty (Columbia, MD)	56:19

15-19 Male

1. Alec Font (Ellicott City, MD)	37:37
2. Adam Sachs (Ellicott City, MD)	37:57
3. Conner McIntyre (Ellicott City, MD)	41:06

15-19 Female

1. Jennifer King (Dayton, MD)	46:17
2. Kerrie Neal (Ellicott City, MD)	52:42
3. Katie O'Reilly (Ellicott City, MD)	52:59

20-24 Male

1. Kevin Ford (Ellicott City, MD)	34:47
2. Nathaniel Middleton (Beltsville, MD)	39:02
3. Conor Jennings (Clarksville, MD)	40:03

20-24 Female

1. Candace Dickson (Unknown, NA)	40:52
2. Meggie Schmidt (College Park, MD)	43:25
3. Katie Gessler (Ellicott City, MD)	43:33

25-29 Male

1. Craig Lebro (Columbia, MD)	35:53
2. Lawrence Groman (Ellicott City, MD)	38:16
3. Richard Klein (New Milford, CT)	38:38

25-29 Female

1. U'tanna Sherrod (Severn, MD)	42:48
2. Amanda An (Ellicott City, MD)	43:17
3. Sarah Lancos (Ellicott City, MD)	47:06

30-34 Male

1. Kent Werner (Columbia, MD)	34:23
2. Seth Geoghegan (Columbia, MD)	34:38
3. Rich Seitz (Baltimore, MD)	37:02

30-34 Female

1. Sara Breedlove (Baltimore, MD)	41:15
2. Alyssa Larsen (Jackson, WY)	41:30
3. Kendra Smith (Laurel, MD)	41:37

35-39 Male

1. Stephen Olenick (Ellicott City, MD)	36:36
2. Jason Tripp (Ellicott City, MD)	36:47
3. Jeffrey Spencer (Millersville, MD)	37:13

35-39 Female

1. Lisa Farias (Catonsville, MD)	41:43
2. Michele Ritter (Clarksville, MD)	47:48
3. Sharon Edelson-Mammel (Ellicott C.)	47:51

40-44 Male

1. Stephen Bohse (Columbia, MD)	39:16
2. Robert Cawood (Annapolis, MD)	40:15
3. John Eisenhardt (Baltimore, MD)	40:25



*Fourth overall, Kent Werner was the second Strider to finish. (photo by Dickie George)*

40-44 Female

- 1. Elizabeth Flynn (Ellicott City, MD) 42:24
- 2. Jill Looper (Columbia, MD) 42:29
- 3. Jen Prox (Ellicott City, MD) 45:02

45-49 Male

- 1. Matthew Reinhart (Crownsville, MD) 36:53
- 2. Tunde Morakinyo (Ellicott City, MD) 39:23
- 3. C. Martin Goode (Arbutus, MD) 41:03

45-49 Female

- 1. Trish Cunningham (Annapolis, MD) 43:04
- 2. Deb Taylor (Hanover, MD) 45:20
- 3. Phyllis Sevik (Ellicott City, MD) 47:03

50-54 Male

- 1. John Chall (Crownsville, MD) 39:19
- 2. Matthew Mace (Arnold, MD) 39:31
- 3. Greg Schuler (Laurel, MD) 40:47

50-54 Female

- 1. Pat Wilkerson (Columbia, MD) 41:26
- 2. Janeth Scott (Columbia, MD) 43:51
- 3. Jill Hargis (Annapolis, MD) 46:03

55-59 Male

- 1. John Heslin (Ellicott City, MD) 38:35
- 2. Bobby Gessler (Ellicott City, MD) 42:01
- 3. Jeffrey Clyman (Columbia, MD) 44:54

55-59 Female

- 1. Deborah Cohen (Ellicott City, MD) 50:13
- 2. Lynne Douglass (Columbia, MD) 52:48
- 3. Esther Hoffberg (Reisterstown, MD) 54:12

60-64 Female

- 1. Ellen Rabe (Columbia, MD) 54:36
- 2. Patricia Brooks (Ellicott City, MD) 55:00
- 3. Joanne Chisholm (Edgewater, MD) 1:02:19

60-64 Male

- 1. Pat Gary (Manchester, MD) 43:16
- 2. James Carbary (Columbia, MD) 44:44
- 3. James Rogers (Columbia, MD) 45:08

65-69 Male

- 1. Piriya Pinit (Catonsville, MD) 45:51
- 2. Dwight Johnson (Columbia, MD) 52:18
- 3. David Barry (Severna Park, MD) 53:48

65-69 Female

- 1. Elizabeth Toth (Clarksville, MD) 1:27:21

70-74 Male

- 1. Stan Neumann (Timonium, MD) 53:06
- 2. Mel Quecan (Columbia, MD) 54:47
- 3. Warren Pitts (Baltimore, MD) 58:55

70-74 Female

- 1. Sadj Bartolo (Columbia, MD) 1:10:30

75-99 Male

- 1. Jack McMahon (Silver Spring, MD) 59:11
- 2. Ken Schaedel (Columbia, MD) 1:14:07
- 3. Neal Hinkle (Millersville, MD) 1:21:43



*Next year, more porta-pots are promised. (photo by Jim Carbary)*

## A HOT ONE IN BOSTON

Record high heat distressed the thousands of runners at the 2012 Boston Marathon on April 16. With temperatures in the mid to upper 80's during the race and no cloud cover, race organizers advised the charity runners not to compete. Of course, veteran Howard County Striders went ahead anyway. Temps were actually moderate for an August afternoon in Columbia. No one reported a personal record, and only *Conrad Orloff* broke three hours. His time of 2:50:18 must be considered miraculous. *Keith "Wildman" Levasseur* couldn't crack three hours; *Dorothy Beckett* and *Bob Burns* actually dropped out of the race. *Hazel Chase* stopped at nine miles, took an ice bath, and continued to finish the marathon with no problems. They all had a good time at the pre-race and post-race parties.

### STRIDERS AT 2012 BOSTON MARATHON

Conrad Orloff	02:50:18
Shawn Young	03:00:56
Keith Levasseur	03:02:00
Philip Lang	03:10:34
Adam Wytko	03:29:48
Caroline Bauer	03:31:22
Steven Muchnick	03:40:26
Richard Chase	03:51:57
George Kroeker	03:52:14
Conrad Fernandes	03:52:28
Julie Thienel	03:53:19
Brian Fleming	03:55:28
Lisa Fichman	03:56:30
Janelle McIntyre	03:57:36
Sarah Lebro	03:58:21
Yasuo Oda	03:58:40
Erin Hoffman	04:01:50
Gretchen Tucker	04:10:37
Ronnie Wong	04:13:51
Dennis Boucher	04:17:15
Amanda Loudin	04:19:00
Tammy Liu Hermstein	04:24:02
Robert Hollis	04:32:59
Laura Travisano	04:39:17
David Karlheim	04:50:36
Hazel Chase	04:52:16
Sang Lim	04:56:30
Beth Lowenthal	05:36:03



*The Strider group before the ordeal. (photo by Nancy Burns)*



*During the race, Phil Lang stopped to change his shirt and shoes. (photo by Nancy Burns)*



*The survivors pose with their finisher medals after the ordeal. (photo by Nancy Burns)*

## CHERRY BLOSSOM 10 MILER CELEBRATES 40 YEARS

The Cherry Blossom 10 Miler celebrated its 40th birthday on April 1 of this year. Nearly 17000 runners attended the event. The 10 Miler has seen several sponsors (Perrier, Nortel, Credit Unions), a bunch of course changes (remember Rock Creek Park?), and has had its share of memorable winners (like Bill Rodgers), but for many of us Cherry Blossom is the annual rite of Spring. This year, for once, conditions were simply epic: cool, overcast, and still. "It's no-excuse weather," the announcer said at the start of the race.

At least two Striders reported personal records at Cherry Blossom: racing team captain *Carlos Renjifo* (51:43) and Next Step coach *Mike Mbugi* (1:02:57). Carlos beat his previous 10-mile best by only 10 seconds, and Mike's next step is sub-60.

This year the Striders fielded five racing teams— two in the Men's Club division and three in the Mixed Masters division. Led by Captain Carlos, the Strider Men's A team beat 19 other teams to win its division. *Pete Keating* (57:07) anchored the Master's A team, which finished third among 16 Mixed's. Mr. Keating crossed the finish line so soon that he had time to hand out water to thirsty Striders who finished far, far behind.

### CHERRY BLOSSOM 10 MILER Washington, DC — April 1

20. Carlos Renjifo (1)	(PR) 51:43
Tom Williams (1) (4th, 35-39M)	55:11
Seth Geoghegan (2)	56:01
Kent Werner (1)	56:36
Alvin Yew	57:05
Peter Keating (3) (5th, 45-49M)	57:07
Keith Levasseur (1)	58:27
Jason Tripp (2)	59:06
Daniel Rau (1st, 1-19M)	59:34
Jason Miller	1:00:06
Brian Fleming (2)	1:00:59
James Blackwood (2)	1:02:27
Michael Mbugi	(PR) 1:02:57
John Chall (3)	1:03:08
Akintunde Morakinyo	1:04:01
Robyn Humphrey (3)(2nd, 45-49F)	1:04:40



*Tom Williams (55:11), the second Strider to finish, played a big part in the A team victory. (photo by Dave Tripp)*

Conner McIntyre	1:04:45
Sean McPherson	1:04:53
Andrew Wong	1:05:00
Kelly Westlake (5th, 40-44F)	1:05:18
Peter Laanisto	1:05:58
Bobby Gessler (4)	1:06:01
Rian Landers-Ramos	1:06:26
Philip Rupp	1:06:32
William Dye	1:07:25
Richard Chase (4)	1:07:38
Pat Wilkerson (4) (3rd, 50-54F)	1:07:49
Benjamin Smith	1:08:10
Brenda McCabe (4th, 50-54F)	1:09:25
Julie Thienel (3rd, 45-49F)	1:09:31
Luis Mendez	1:09:31
Leonard Supsic	1:09:35
Janeth Scott (5th, 45-49F)	1:10:26
Kenneth Sevik(5)	1:10:56
Dorothy Beckett (5)	1:11:44
Thomas MacLellan	1:11:59
Ronnie Wong (3rd, 65-69M)	1:12:00
Michael Dusenbery	1:12:02
Lisa Fichman	1:12:27
Janelle McIntyre	1:12:41
Sean Dawson	1:12:46
Tacy Powers	1:13:35
James Carbary	1:14:59
Grace Tran	1:15:07
Yasuo Oda	1:15:43
Phyllis Sevik	1:15:53
Cecilia Murach	1:16:19
Steven Grufferman	1:17:05



Master runner Peter Keating fends off a brace of competitors near the finish line. Pete placed fifth among the 45-49 year men. (photo by Dave Tripp)



Seth Geoghegan paced the B team in 56:01. (photo by Dave Tripp)

Hazel Chase	1:17:51
Rick Smith	1:18:20
Dennis Boucher	1:18:51
John Stanmore	1:18:54
Mike Fleming	1:19:27
Matthew Bevan	1:21:35
Lori Kruus	1:24:37
Philip Grauel	1:25:58
Judith Comiskey	1:26:01
Erin Rickard	1:26:03
Doreen Sheppard	1:26:43
James Scarborough	1:27:12
Lizzette Smith	1:27:44
Dee Nelson	1:27:55
Julia Skinner	1:28:34
Dane Jeeter	1:29:42
Steven Anderson	1:30:19
Karen Harvey	1:30:25
Hai Nguyen	1:30:36
William Isley	1:32:40
Barrett King	1:33:25
Lydia Joyce	1:33:29
Robert Platt	1:33:50
Jessica Mayorga	1:35:49
Soo Han	1:37:37
Emily Howe	1:37:37
Mitchell Krasnopoler	1:38:28
Jon Atterbury	1:38:38
Jaquisha Kearson	1:40:12
Tonya Harrison	1:40:46
Eric Remoy	1:41:24
Patty Remoy	1:41:24
Christine Merenda	1:42:06

Wendy Moomaw	1:43:12
Michael Prymas	1:43:27
Karl Barrus	1:43:50
Leslie Burge	1:43:50
Valerie James	1:44:06
Navin Ghaffarian	1:45:02
Kristen Ghaffarian	1:45:02
Memory Morris	1:45:24
Laurette Dearden	1:46:09
Tegest Johnson	1:46:31
James Corbin	1:46:33
Dan McCabe	1:47:34
Emily Leclercq	1:47:59
Melinda Krummerich	1:48:31
Andrea Ball	1:49:15
Susan Kim	1:54:14
Joanne Calver	1:54:41
Barbara Boardman-Pavao	1:54:42
Helenor Mesias	1:55:32
Chimene Castor	1:57:55
Ken Mazur	1:59:32
Carrie Mitchell	2:02:26
Sarah Rigsbee	2:02:33
Connie Mazur	2:02:44
Tracy Sinclair	2:14:13
Mark Gautier	2:14:30
Sara Prymas	2:16:36
Alan McLaine	2:18:00
Christina Caravoulas	2:18:45

- (1) Howard County Men A (1/20)
  - (2) Howard County Men B (5/20)
  - (3) Howard County Mixed Master A (3/16)
  - (4) Howard County Mixed Master B (6/16)
  - (5) Howard County Mixed Master C (9/16)
- 9705 women finished and 7169 men finished.

## FIT AT 20 YEARS

The Females in Training (FIT) program celebrated its 20th Anniversary this May. The award-winning women's program started on May 13, 1992, coordinated by *Arleen Dinneen* (then Kvech) and the "Women's Committee." Committee chairperson *Barbara Calvert* initiated the FIT movement with the goal of training women to run a 5k race—the Women's Distance Festival 5k being the specific race. Declaration of the original FIT program (*Footprints*, Spring 1992) appears at the right. Other Committee members instrumental in developing the program were: *Pat Brooks*, *Lissa George*, and *Karen Harvey*. Some of these women also served as the race directors of the WDF.

The first FIT sessions took place at the Howard High School track. Over 80 women participated in the weekly sessions. By attending four or more sessions, 35 of these women graduated and 23 of them duly competed in the WDF 5k on the evening of 9 July 1992. (In those days, the WDF was held at midnight at the Columbia Mall.) A number of the FIT graduates went on to participate in the WDF Grand Prix series, a tradition that continues to this day. You can always recognize the FIT women at a WDF races by their pink singlets.

FIT training moved to its present home at Centennial High School in 1994. The program accepts both walkers and runners in a friendly, safe, non-competitive environment. In the early days, only 30-40 women graduated, and the turnout was so low that in 1996 the Women's Committee considered canceling it! But the numbers returned, and FIT currently operates with about 100 women. Many women like the program so much they return each Spring for training.

Graduates include well-known Striders such as *Nancy Burns*, *Carol Gralia* (sportswriter for the Columbia Flier), and *Beverly Byron* (current lead coach of FIT). *Carrie Perfetto* and *Mikie Nard* graduated from FIT and went on to become race directors of the WDF.

Bonus: Who was the Strider president in '92? (Hint: This person still serves on the Strider Board of Directors.)

### WOMEN'S COMMITTEE REPORT

Barbara Calvert

The Howard County Striders Women's Committee consists of myself, Pat Brooks, Karen Harvey, Arleen Kvech, and Lissa George. Our primary objective is to encourage women to run.

We have four immediate goals for 1992. First, we will, as usual, sponsor a Women's Distance Race in such a way that it attracts new runners to the sport. Karen Harvey (461-1772) will once again serve as the director of this 5k race.

Second, we intend to develop a training class for new women runners. The class will be held in concert with the weekly Sunday races and will help prepare women for the Women's Distance Race. Arleen Kvech (465-7735) will coordinate this training, which will consist of an 8-week course meeting twice a week. One day will be devoted to a track session, the other will be a Strider race. We will recognize class participants at the Women's Distance Race.

Third, we will hold a seminar on issues related to women's running. Such issues might include, for example, safety (Henley Gibble is an excellent source), involving children in running (Coach Craig Chasse), how to start or improve running (Karen Harvey), and Strider activities (Paul Goldenberg). The seminar is tentatively scheduled for June 10 at Slayton House; Pat Brooks (461-1197) is the coordinator.

Fourth, we intend to submit regular articles on women's running to the pages of this newsletter. The articles will provide information on issues and concerns such as those discussed above.



The article on the following page comes from the Summer 1998 issue of *Footprints*, and shows how much FIT had grown after six years. The photography in those days was all black and white.

## GET FIT!

This year's Females in Training (FIT) program reached a zenith previously unknown in the annals of women's distance running. FIT director *Kelly Barton* had initially expected only a modest number of women, perhaps 40 or 50, to show up for the FIT program that trains women to be able to run the WDF 5k (and the Avon 10k). She had some idea that there might be more than that from the number of phone inquiries she received in the days immediately preceding the first session on the evening of Thursday, April 23, at Howard High School. "But until you saw the cars pouring into the parking lot, it really didn't sink in." Over 300 women showed up! The huge crowd that volunteers *Mick Stonaker* and *Miles Weigold* busied themselves for 30 minutes just directing traffic, which itself backed up along Route 108. No kidding, this was *huge!*

Each Thursday evening this Spring, a similar scene took place. Large numbers of women would assemble at the track. Over 200 women have regularly appeared for the Spring sessions, and over 400 different women signed up. Before running, they might hear a brief presentation on topics such as buying running shoes, how to warm-up or plana training routine, or how to eat. Then they would warm up and commence running (or walking) under the expert tutelage of one of the veteran Striderwomen. In fact, so many women came to the FIT sessions that Stridermen were also pressed into service. After the first two FIT meetings at Howard High, Kelly split the venue, so that runnurs reported to Centennial High School and the walkers reported to Howard High School. Not all of the women wanted to run, but all of them wanted either to finish the WDF 5k or the Avon 10k. To handle such distances, the FIT participants have continuously increased the distances they run at the training sessions.

A number of the women must have taken the preliminary discussions seriously. They showed so much interest in *Nancy Burn's* talk on running shoes that they later flocked to Feet First and virtually inundated the store (and Nancy) with shoe requests. In fact, she had to work an extra Saturday because of the demand for her!

In concert with the FIT program and the Avon Circuit, *Grete Waitz*, the world-famous Norwegian marathoner, visited the area and even gave an inspirational presentation at the Howard Community College on Saturday, May 9. (See opposite page.)

The FIT program drew support from the many volunteers of the Howard County Striders and also from the St. Agnes Health Care System. All participants received a free t-shirt and an official certificate when they completed the program. At the conclusion of FIT, the new walkers/runners will celebrate their success at a graduation party.



*FIT women listen to an inspirational Kelly Barton at the River Hill High School track. (photo by Nancy Burns)*



*FIT women hard at work circling the River Hill track. (photo by Nancy Burns)*



*Special programs director Marsha Demaree (left) herding wild women. (photo by Next Step)*

## NEXT STEPS AT 5AM

Faye Weaver, RC

5:00 AM my alarm clocks goes off, what am I doing up this early? Oh, off to the Next Step hibernation to 5K training. I wanted to get a heads start to the running season and I thought what better way then to participate in the Next Step Hibernation to 5K program. But then I paused and thought, getting up so early would be tough, so I thought, coaching would motivate me in getting up so early every week. It is also a way to give back to Striders.

So I bundle up and head to Wilde Lake High School. There, *Dave Weber* and *Michael Mbugi*, coordinators, are there welcoming the 26 participants. Myself, *Becky Holtz*, *Alan Tominack*, *Julia Skinner*, *Steve Anderson*, *Melinda Krummerich* and *Susie Montoya* make up the band of coaches who will beat the sun up to lead these runners to their first or next 5k challenge.

We start out with greeting and then the time trial; everyone had to run a 400-meter lap. The runners came in between 1:34(7:37 mi) – 3:10 (15:25 mi). The group was then divided into four groups with two coaches for each group. For the next six weeks, we had our participants do various workouts on the

track. I had the opportunity to coach with Alan Tominack, we had the second group of six men and women. Our workouts ranged from 400's to ladder workouts to 800's. We would start right at 6:15 with a warm-up around the track and be done around 7:00 am so people could get home for work or family. It was great having the groups on the track so we could encourage each other. It was always great hearing Susie cheering her group and others as they passed by her. Julia and Steve's group had consistent runners and able to run in a pack. Michael and Becky took the faster runners and they were flying by us during their workouts.

Our graduation race was the Striders weekly series at Northfield Elementary School. We had 16 runners come out to run or volunteer. *Julie Rosicki* 24:29.43 was the first Hib to 5k finisher. There were coaches and runners finishing with PR times.

Many of our runners have gone on to participating in Next Step 10K/10 mi or Next Step FIT.

So if you're wanting to shake off the winter chill or kick start your season or just need a motivator to start running, join us next February as a Coach or Participant in Next Step Hibernation to 5k.

## TRI-COLUMBIA

Sixty-one Tri-Striders negotiated one of the most difficult triathlons on the mid-Atlantic schedule on Sunday, May 20. They first swam 0.92 miles in Centennial Lake, then biked 25 miles through the hilliest reaches of Howard County, then ran 6.2 miles through the same Centennial neighborhood that hosts the Summer Fun Runs. *Suzy Serpico* (nee McCulloch) participated in her first triathlon as a pro; you can see her many mornings at the Bagel Run. The weather was absolutely gorgeous— probably the best it's been in the 29-year history of the event. 1696 completed the race.

### COLUMBIA TRIATHLON May 20 – Centennial Lake Park

Suzanne Serpico (10th, ProF)	2:13:28
Steve Meininger (5th, 40-44M)	2:16:21
Jake Oergel	2:18:51
Daniel Rau (1st, 17-19M)	2:19:22
James Blackwood	2:27:08
Eric Johnson	2:28:41
Bryce Rosicky (4th, 14-16M)	2:30:01
Janelle McIntyre (2nd, 45-49F)	2:31:15
Adam Weddington	2:33:35
Philip Rupp	2:35:36
Troy Conran	2:35:50
Gary Smolyak (3rd, 17-19M)	2:37:31
Stephan Uzzell	2:38:14
Lisa Farias	2:38:32
Danny Schofield	2:42:12
Jim Cioffi	2:45:40
Marianne Myrtue	2:47:02
Dean Siedlecki (5th, >40CL)	2:47:10
Kevin Courtney	2:47:29
James Carbary (4th, 60-64M)	2:48:40
Dennis Albright	2:48:51
Anna Muench	2:52:52
Jordan Grable	2:55:38
Julie Rosicky	2:55:48
Melissa Hersh	2:57:37
Aleah Zinalabedini	2:58:14
Hafiz Shaikh	2:59:11
Megan Moundalexis	3:00:10
Charles Shoemaker	3:01:13
Mark Wittholz	3:01:24
Scott Wheeler	3:04:52
Todd Pearsall	3:05:42
Jill Carr	3:06:25



*Steve Meininger, first non-pro Strider to finish and fifth among 40-44M.*

Adam Rutz	3:10:40
Gwen Musk	3:10:45
Lynda Allera	3:13:05
Heather Moldenhauer	3:14:30
Matthew Bevan	3:14:57
Erin Rickard	3:15:31
Kelly Schofield (3rd, 17-19F)	3:15:56
Michael Anderson	3:16:05
Faye Weaver	3:16:18
Lara Blatchford	3:16:46
Christopher Puin	3:24:16
John Stanmore	3:25:47
Claudia Eckstrom	3:30:03
Susan Watson (5th, 60-64F)	3:30:25
Wendy Newton	3:30:57
Greg Thomas	3:32:28
Sari Chapman	3:34:29
John Steinecke	3:37:51
Allyson Rogan	3:38:25
Dan McCabe	3:38:37
Eric Katkow	3:40:27
Joanna Lake	3:54:32
Susana Montoya	3:54:33
Debra Holley	4:00:13
Brenda McCabe	4:04:12
Elliott Chamberlin-Long	4:22:30
Sara Prymas	4:39:29
James Courtney	4:51:28

# THE BENEFITS OF ACUPUNCTURE FOR RUNNING

By: Jessica Sleight, L.Ac, M.Ac, Dipl. Ac.

Imagine being free of pain, having less stress and more balance and happiness in life! It's not out of the question--it is what acupuncture does for many runners and non-runners alike.

Developed in China over 3,000 years ago, acupuncture is based on the life force energy of "Qi" (chee). Qi is similar to substances found in the body, such as blood, nerves, and lymph. It flows throughout the entire body creating an interconnected system.

Acupuncture views the body as a system of interconnected organs and meridians (pathways/channels) in which qi flows. The meridians run throughout our entire body and contain points where qi can be accessed. When stress, injury, or poor lifestyle habits cause disruption to the qi, unwanted symptoms show up such as illness or aches and pains. Acupuncture uses needles to manipulate the flow of qi, bringing the body into a natural balance. Acupuncture can help to treat the whole body, mind and spirit to find and maintain that natural balance.

Acupuncture is about the balance of Yin and Yang; night and day, slow and fast, winter and summer, training and competition. It's the balance of everything in life. Each season would not exist without the other, each day would not exist without night. The question then is how to find this natural state of balance within our own life and body to maintain optimal health.

As a runner, for each race there is a training season before the competition. This is the Yin time, the time for building mileage, taking care of the body, getting enough sleep.

Acupuncture is beneficial in many ways to promote the health and well-being of a runner in training. It can help to boost the immune system, which benefits the overall health of the runner and prevents down-time from illness. It nourishes and maintains the needed qi and fluids to the muscles, assisting with injury prevention. It also helps with creating and maintaining the body's natural balance, allowing for relaxation and stress

reduction, thus assisting in the natural flow of the body's qi and fluids preventing injuries.

Competition is the Yang time—the speed, the track workouts, the race. Without the foundation of Yin there is no Yang for competition. If we are adequately nourished and well trained in the Yin time, we will have the drive to push us forward in the Yang time.

Ultimately, each person is unique and the most important thing is to be aware of your own body and its symptoms. Acupuncture can help with this awareness. The symptoms that your body produces – aches, pain, tiredness, and many more, is the language your body uses to let you know that something isn't right. There is something out of balance.

Acupuncture helps to release and nourish muscles which have become bound with stress, tightness and injuries due to repetitive motions like running, swimming, and cycling. Often, scar tissue builds up from this repetition, causing pain and an inability for muscle and joint health to return. Needles, inserted into specific points along meridians and areas around scar tissue, tight muscles, and joints, help to release and return the body back to its normal balanced functioning.

To treat the injury and pain that is occurring is often to help re-set the muscle and brain connection to help the muscle fire correctly. Acupuncture needles can help reduce the pain and inflammation that is occurring. If there is something blocking the qi from moving smoothly, qi becomes stagnated and inflammation can occur. Needles inserted in specific places along the meridians will help to unblock the stagnation.

During an evaluation, an acupuncturist considers both the injury, illness, or complaint reported by the patient, AND the patient as a whole person. For instance, if a patient walks in the door with knee pain and low back pain, there would be further questioning to discover how the rest of their life is functioning, attempting to see if it is repetitive motion injury or if there is something else at the root of the injury.

How is work? How is sleep? Digestion? Stress? When did the pain start? How has it changed over time? These questions help to identify what could be affecting the body's ability to heal itself. As the evaluation continues, an acupuncturist will work with different muscles, trigger points and motor

points of the muscles, meridians, and surrounding areas to see what is involved and affecting the site of injury. All of this information helps to develop a personalized treatment plan. If you do have low back pain, for instance, there is the need to evaluate how the hips and hamstrings are functioning.

Injuries are kind of like a squeaky door, the hinge just needs a little oil to get it moving smoothly again. The body just needs a few needles to help get things moving smoothly so that it can continue to heal itself.

Regular acupuncture appointments help to maintain health, reduce stress and prevent injuries. They can provide a natural boost for competition, to help you feel at your peak for performance, allowing you to step up to the starting line prepared, injury free and ready to tackle the race.

*Finding Balance to Thrive in Life!*

(Editor's note: More information on the benefits of acupuncture for runners can be found on Jessica's website at: <http://www.jessicasleight.com>.)

## SUMMER FUN RUNS AT CENTENNIAL

The Centennial Fun Runs celebrate their 34th season this summer. The fun runs welcome all runners— young and old, fast and slow, and are particularly suitable for family running. Each race consists of a 1 mile, rolling course through the neighborhood across the street from Centennial High School. All races take place on Tuesday evenings at 7:30 pm, with the exception of the partner relay race that starts at 7:00 pm. Each evening, a special activity is planned for the kids. Here's the schedule for Summer 2012:

- |           |  |
|-----------|--|
| June 12   | Johns Hopkins benefit                      |
| June 26   | Bike and helmet safety                     |
| July 10   | Good Neigh“bear”                           |
| July 24   | Limbo on the lawn                          |
| August 7  | Neighborhood night out                     |
| August 14 | Partner's Relay & Pizza Party<br>(7:00 pp) |

The races begin and end at *Arleen Dinneen's* house at 10114 Colonial Drive. You can contact her at [dinneen@comcast.net](mailto:dinneen@comcast.net). Or 410-465-7735.



*Fun runners charge up the first hill at the Centennial Fun Run sometime last June. The parents try to catch their children. Sometimes they do! (photo by Jim Carbary)*

## New Members since 25 February 2012

(As of 5/19/2012)

Acuna, Andres	Coffield, Trezaline	Goldberg, Hannah
Afework, Kaleb	Cooney, Ashleigh	Goldstein, Tobi
Ahmuty, Emily	Cooper Jr., Kenneth	Gonzalez, Ramon
Ailinger, Heather	Costello, Aiden	Good, Carly
Akan, Gloria	Costello, Stacy	Grady, Erin
Albright, Kailey	Coufal, Aaron	Graves, Alicia
Allen, Eric	Cranfill, Amanda	Green, Jacob
Alston, Angela	Criswell, Kevin	Groman, Carrie
Anthony, D'Zire	Curry, Matthew	Hahn, Bradley
Anwar, Casey	Davidson, Sean	Hall, Jacqueline
Apted, Nancy	Davis, Susan	Hall, Katherine
archuleta, nate	DelaCruz, Alejandro	Hall, Sarah
archuleta, Sydney	Dietrich, Regina	Harman, Mia
Badrian, Kyra	Doan, Co-tu	Harrington, Melina
Baglione, Lucas	Doan, Khiem	Harris, Vincent
Baumann, Jake	Doan, Tien	Harshaw, Aidan
Bell, Heather	doanes, ian	Heiges, Jeffrey
Bell, Jessica	Downey, Jerry	Hejeebu, Jacob
Bello, Kunle	Downey, K. Elizabeth	Helfrick, Daniel
Berkhimer, Alexander	Downing, Anna	Hicks, William
Bernstein, Alex	Dunnigan, Maeve	Hinson, Avery
Bernstein, Sasha	Eaton, Lucas	Hollingsworth, Michelle
Beyer, Abby	Ebron, Jordan	Horrocks, Amy
Beyer, Emmy	Ebron, Kenneth	Horrocks, Andrew
Beyer, John	Ebron, Sheila	Horrocks, Ruthie
Beyer, Joseph	Einarsen, Jacob	Howard, Madisyn
Beyer, Judi	Elhabashy, Munthir	Huxtable, Tyler
Beyer, Lisa	Erwin, Emily	Hwu, Timothy
Bianchino, Johnny	Evans, Samuel	Idris, Ahmed
Bierce, Richard Grant	Evans, Tekye	idris, reem
Blodgett, Matthew	Farooq, Edrees	idris, yara
Blue, Katherine	Farrell, Ricky	Inskeep, Margaret
Boyce, Steve	Feldman, Talia	Jackson, Thomas
Brady, Tim	Filar, Luke	James II, Dono
Breazeale, Andrew	Filipowicz, Pete	James, Dono
Breland, Malone	Firebaugh, Bethany	James, Kiara
Breland, Nathan	Fitzgerald, Allison	James, Lori
Brower, Christian	Fitzgerald, Ryan	Jimenez, Ana
Bunyard, Grant	Foote, Christine	Jock, Timothy
Butler, Giovanni	Foster, Jordan	Johnson, Brayden
Caci, Gianna	Franklin, Oren	Johnson, Corey
Caci, Sophia	Frederick, Melissa	Johnson, Daphene
Canada, Sitara	Fuller, Deborah	Johnson, Jamie
Capelle, Nathan	Fyock, Terri	Johnson, Kayla
Capone, Elizabeth	gadiwalla, qasim	Johnson, Khalil
Caraballo, Alexa	Gaither, Emma	Johnson, Maalik
Carr, Ben	Ganel-Constant, Jonathan	Johnson, Makiel
Castor Swanson, Carol	Gantz, Ethan	Johnson-Dendy, Bryce
Cheatham, Dakota	Gantz, Michael	Jones, Teddey
Cheatham, David	Gantz, Susan	Julien, Jocelind
Cheatham, Dominiq	Gantz, Tristan	Kamenetz, Jill
Chernova, Olga	Gears, Isabella	Kane, Melissa
Chien, Anna	Gidley, Laura	Kefauver Olsen, Meredith
Cholewczynski, Jackie	Golanoski, Kelli	Keller, Erin

Keller, Jeanmarie  
Keller, Liam  
Keller, Richard  
Keller, Timothy  
Kerfoot, Christian  
Keyser, Tracy  
Kim, Bridgette  
kim, jenna  
Knestout, Michael  
Lacey, Sarah  
Lake, Alexander  
Lake, Gabriella  
Lampron, Jessica  
Lascola, Daniel  
Lascola, Zachary  
Lawrence, Connor  
Leahy, Lois  
Lewis, Auriel  
Lewis, Camille  
Lewis, Max  
Linton, Aileen  
Lovette, Aidan  
Lovette, Dan  
Lovette, Kaitlyn  
Lunt, Aria  
Luthardt, Liam  
Lutz, Alexander  
Ma, Daotian  
Ma, Entian  
Maheridis, Pete  
Maier-Manuel, Regina  
Maree-Baskin, Arlene  
Martin, Christopher  
Matelock, Arleen  
Maupin, Todd  
McCray, Joshua  
McNair, Shawn  
McPhillips, Paige  
Medillin, Sofia  
Merkowitz-Bustos, Daniel  
Milici, Jess  
Mills, Adrianna  
Milner, Henry  
Milner, Jack  
Misner, Davis  
Moody, Alex  
Moody, Jason  
Moody, Nathan  
Moody, Samuel  
Moore, Aman  
Moore, Gavin  
Moses, Jack  
Mosley, Erika  
Muniz, Hernando  
Mwaura, Ben  
Nguyen, Von  
Norato, Luke

Oergel, Avery  
Oergel, Britt  
Oergel, Brynn  
Oergel, Jake  
Omitowoju, Araoluwa  
Onufrak, Nicholas  
Orlofsky, Fritz  
Orlofsky, Maggie  
Pakulla, Cassidy  
Paul, Cody  
Pennsy, Joshua  
Pham, Doan-Trang  
Pisanic, Abigail  
Pisanic, Celine  
Polefrone, David  
Preschel, Madison  
Prias, Gladys  
Qian, Emma  
Rai, Devan  
Rai, Leena  
Rai, Sachi  
Ramos, miguel  
Rayner, Gabrielle  
Riley, Brenda  
Rivera, Marisa  
Robinson, Analeen  
Ronkette, Cami  
Roseman, Rojemin  
Rosenberg, Cecelia  
Rosenberg, Rosalie  
Rosicky, Ben  
Ryan, Emille  
S, Dhvani  
Saksena, Ayla  
Salazar, Christian  
Samson, Nathan  
Schaaf, Rachel  
Schick, Jennifer  
Schwartz, Robin  
Scoby, Jonathan  
Sedlacko, Joseph  
Sedlacko, Stevie  
Seyala, Suzanne  
Shadrick, Cecelia  
Shelbert, Foster  
Shepherd, Joan  
Shih, Celina  
Shipp, Kelly  
Shread, Alicia  
Simons, Janice  
Sinnott, Matthew  
Sita, Adrianna  
Sita, Jackie  
Smith, Debbie  
Smith, Erin  
Smith, Lauren  
Soler, Javier

Soler, Jennifer W  
Soler, Liliana  
Soler, Lucas  
Soubier, Rachel  
Spezzano, Douglas  
Squirlock, Nellie  
Steele, Noah  
stephanson, christopher  
stephanson, thomas  
Stepp, Judy  
Stine, Adam  
Stine, Megan  
Stockwell, Stephanie  
Stranathan, Brittany  
Takara, Christina  
Tarver, Darian  
Tarver, Hannah  
Terry, William  
Thuku, Mwaura  
Thuku, Njeri  
Tokbay, Ayse  
Tribble Spencer, Kelly  
Tsao, Elizabeth  
Tucker, Connor  
Tukei, Ann  
Uttamsingh, Lylah  
Uwimana, Austin  
Waclawski, Tracy  
WAKSMUNSKI, MADELYN  
Walker, Daniel  
Walker, Jennifer  
Walker, Kaylynn  
Warman, Ruthie  
Warren, Miles  
Weaver, Ledell  
Webster, Brooke  
Weiland, Pete  
Weiland, Sophia  
Weinstein, Benjamin  
Weisfeld, Colleen  
White, Djavan  
White, Jaelson  
Whiting, Hannah  
whitmon, james  
Whyms, Elizabeth  
Williamson, Christian  
Wimberly, Jr., Theodore  
Wirschal, Marion  
Withee, Christopher  
Withee, Joseph  
Wovas, Justin  
Wovas, Zachary  
Ying, Evan



Girls in the 800m at the Junior Strider Home meet on May 6. (photo by Bullseye Running)



Boys in the 800m at the Junior Strider Home meet. Compare to photo at left. (photo by Bullseye Running)

## JUNIOR STRIDERS

The Junior Striders outdoor track program became so popular that Coach *Phil Lang* had to split this spring's practices to two venues: the traditional Oakland Mills High and the new Atholton High. The program drew over 200 participants. At their home meet on May 6 at Oakland Mills, the Striders dominated the competition, with Junior Striders winning many of the races. The Juniors also competed throughout the spring at track meets at Brunswick, Linganore, North Carroll, Middletown, at the Hershey Track and Field Meet at Long Reach in June 3.

### JUNIOR STRIDER HOME MEET Oakland Mills High School — May 6

#### 4x100 Relay

##### 8&U Boys

1. Howard County (Farooq, Tyler, Johnson, Allen) 1:13.9
2. Howard County (Lake, Steele, Heiges, Costello) 1:29.5
3. Howard County (Ganel-Constant, Croft, Ostrowski, Orin) 1:32.8

##### 8&U Girls

1. Howard County (Soubier, Johnson, Clark, Omitowoju) 1:22.1
2. Howard County (Squirrellock, Loudin, Shadrick, Sita) 1:31.1
3. Howard County (Gears, Hammill, Esquivel, Hall) 1:39.7

##### 9-10 Boys

1. Howard County (Uwimana, Ruley, Carr, Jones) 1:07.7

3. Howard County (Tucker, Kohn, Cheruiyot, Cheruiyot) 1:12.5

##### 9-10 Girls

1. Howard County (Olsen, Fassett, McCray, Howard) 1:13.8

2. Howard County (Keating, Hammill, Insheep, Bell) 1:16.5

##### 11-12 Boys

2. Howard County (Evans, Breland, McCray, Bunyard) 1:00.7

3. Howard County (Wimberly, Ying, Harrington, Elhabashy) 1:02.1

##### 11-12 Girls

1. Howard County (Ghee, Perry, Tarver, Bunyard) 1:00.7

2. Howard County (Chaverini, Angradi, Warman, Reading) 1:11.0

3. Howard County (Achuleta, Harman, Crump, Fitzgerald) 1:11.6

##### 13-14 Boys

1. Howard County (Moran, Berkhimer, Bird-Walker, Harris) 55.3

3. Howard County (Gears, Hamilton, Hejeebu, McGovern) 59.1

##### 13-14 Girls

2. Howard County (Sigur, Sigur, Skerritt, Skerritt) 1:00.8

#### 800m

##### 7-8 Boys

1. Carter Jones 3:10.7
2. Connor Croft 3:11.0
3. Aiden Costello 3:34.1

7-8 Girls		
1. Katherine Hall		3:51.2
2. Talia Tracton		3:53.4
9-10 Boys		
1. Alex Kohn		2:47.4
9-10 Girls		
1. Makenna Hamill		3:14.5
2. Charlotte Benfer		3:18.9
11-12 Boys		
2. Camden Gilmore		2:34.5
3. Anders Chattin		2:38.9
13-14 Boys		
1. Corey Hamilton		2:19.7
2. Shane McGovern		2:34.8
3. Andres Acuna		2:38.6
13-14 Girls		
2. Eileen Yung		2:39.8
15-18 Girls		
1. Alicia Shread		3:32.9

100m

7-8 Boys		
1. Edrees Farooq		16.25
3. Makiel Johnson		17.21
7-8 Girls		
1. Ara Omitowoju		17.10
9-10 Boys		
1. Ben Carr		15.27
9-10 Girls		
1. Madisyn Howard		16.09
2. Janel McCray		16.26
3. Niara Dula		16.84
11-12 Boys		
1. Grant Bunyard		13.50
3. Tekye Evans, Jr.		14.09
11-12 Girls		
1. Kailee Bunyard		13.89
2. Cassidy Bunyard		14.04
3. Jazmia Perry		14.38
13-14 Boys		
3. Vince Harris		13.26
13-14 Girls		
1. Taylor Sigur		14.34
2. Morgan Sigur		14.36
15-18 Boys		
1. Jeff Morgan		12.05

1500m

7-8 Boys		
1. Jeffrey Heuges		6:15
2. Jack Moses		7:15
3. Aiden Costello		7:27
7-8 Girls		
2. Delaney Hammill		6:53
3. Erika Mosley		7:33
9-10 Boys		
2. Kaleb Afework		5:43
3. Mats Chattin		6:36

9-10 Girls		
1. Charlotte Benfer		6:53
2. Makenna Hammill		6:59
3. Greta Olsen		8:51
11-12 Boys		
1. Hamzah Elhabasht		5:16
2. Anders Chattin		5:31
3. Evan Ying		6:10
11-12 Girls		
2. Celine Pisanic		6:16
13-14 Boys		
1. Corey Hamilton		4:43
2. Shane McGovern		5:12
3. Kevin Richards		5:26
13-14 Girls		
2. Katherine Eckart		5:12

400m

7-8 Boys		
1. Devin Tyler		1:26
2. Edrees Farooq		1:28
7-8 Girls		
1. Delaney Hammill		1:43
2. Cecelia Shadrick		1:47
3. Audrey Loudin		1:47
9-10 Boys		
1. Alex Kohn		1:12
3. Joshua Riley		1:17
11-12 Boys		
1. Camden Gilmore		1:09
3. Anders Chattin		1:12
13-14 Boys		
3. Andres Acuna		1:05

200m

7-8 Boys		
2. Makiel Johnson		38.46
3. Corey Johnson		44.44
9-10 Boys		
2. Ben Carr		32.46
9-10 Girls		
1. Madisyn Howard		34.83
2. Janel McCray		36.49
11-12 Girls		
2. Niya Ghee		31.13
13-14 Boys		
2. Vince Harris		27.48
13-14 Girls		
2. Simone Skerritt		30.88

3000m

13-14 Boys		
2. Jacob Hejeebu		12.25

Complete results for this and other Junior Strider meets can be found at:

<http://bullseyerunning.com/Youth.html>

## AN APPROPRIATE WINNER

Dave Tripp, GMR

The Rotary Club of Columbia and The Howard County Striders held the sixth annual Remembrance Run 5K at 8:00 a.m. Memorial Day, Monday, May 28th in Gateway Business Center. A primary purpose of the race has been to take time out to remember and honor the members of the armed forces who have served our Country faithfully. Fittingly, the race winner was a Naval Academy midshipman, Jeremy Haney, from Palmyra, Virginia. His friend and classmate, Scott Maxfield, from Herndon, Virginia, placed third. Finishing in between was Columbia resident, Kyle Stanton, a Villanova University student who went to Hammond High School and who won the Clyde's 10K race here in April. All three finished in under 16 minutes, with Haney's time a sparkling 16:04 in the warm, muggy conditions.

On the women's side, local runners dominated. *Unsong Ostrowski* from Laurel, who also won the Clyde's race, was first again, in an excellent time of 18:54. The victory was Unsong's fourth in a row. Samantha Matthews, who lives in Baltimore but attended Glenelg Country School, was second, followed by Strider Hall of Famer *Robyn Humphrey* of Ellicott City in third.

The race net proceeds go to help fund Rotary's Robert Davidson Scholar Athlete Awards and the Striders' David Tripp Scholar/Athlete Awards programs. It was also fitting that a number of previous scholar athlete winners (and their families) participated in the event, which drew 324 finishers. Among the scholar athletes and their families were Kyle Stanton, Becky Yep (Mt. Hebron and the University of Maryland), *Tiffany Lang* (Oakland Mills and UNC-Charlotte), *Joshua Tripp* (Oakland Mills and Williams) *Greg* and *Jason Schuler* (father and brother of scholar athlete *Eric*—Reservoir and UMBC) and *Marsha Demaree* (mother of scholar athlete *Anna* of River Hill and Yale University).

## STRIDERS AT RUN FOR REMEMBRANCE

Columbia Gateway – May 28

6. Peter Keating	17:26
7. Stephen Olenick (1st, 30-39M)	17:42
8. Kevin Wegner (1st, 13-19M)	17:46
9. Karsten Brown (2nd, 30-39M)	17:48
10. Dave Berardi (1st, 50-59M)	18:04
Jason Tripp (3rd, 30-39M)	18:04
Philip Lang (1st, 40-49M)	18:40
Michael Mbugi (PR)	18:42
Akintunde Morakinyo (2nd, 40-49M)	18:50
Unsong Ostrowski (1st F)	18:53
Stephen Turner (3rd, 40-49M)	19:25
John Chall (2nd, 50-59M)	19:29
Mark Eagles	19:32
Stephen Bohse	19:36
Robyn Humphrey (3rd F)	20:00
Sigurd Knippenberg	20:10
Greg Schuler (3rd, 50-59M)	20:10
Michael Bohse	20:49
Evan Calvert (3rd, 20-29M)	21:12
Sean Davidson	21:14
Joe Pavao	21:25
Janeth Scott (1st, 50-59F)	21:39
Paul Eyes	21:44
Jason Schuler	22:00
Bromley Lowe	22:04
Ronnie Wong (1st Rotarian)	22:07
James Carbary (1st, 60-99M)	22:18
Marc Burger	22:30
Gretchen Tucker (3rd, 40-49F)	22:30
Tiffany Lang (1st, 13-19F)	22:33
Tammy Liu	22:45
Susan Kolocotronis	22:53
Dorothy Beckett (2nd, 50-59F)	22:55
Stephanie Staub	22:59
Marsha Demaree	23:31
Kathleen Wegner	23:41
Michele Ritter	23:42
Deepak Gupta	23:43
Gabrielle Rayner (2nd, 13-19F)	24:20
Mike Fleming (2nd, 60-99M)	24:20
Paul Gross	24:34
Kenny Walker	24:40
Timothy Prestel	24:46
Adam Lowe	25:13
Richard Slocum	25:13
David Weber	25:27
Ellen Rabe	25:59
Ryan Jung	26:04
Dwight Johnson	26:19
Courtney Mann	26:23
Wendy Allen	27:34

Roger Calvert	27:39
Emily Elkonoh (3rd, 13-19F)	27:41
Tenisha Holloway	27:46
Liliana Slocum	27:52
Emily Howe	28:09
Michelle Lehmkuhl	28:10
Emily Magoon	28:13
Cheryl Ford	28:31
Gloria Serrao	28:35
Memory Morris	28:39
Joanne Calver	28:40
Kathleen Weiss	28:49
Barbara Boardman-Pavao	28:59
William Snelling	29:01
Marianne Solomotis	29:01
Amanda Idstein	29:15
Henry Weiss	29:22
Nicole Berson	29:30
Von Nguyen	29:57
Nathan Capelle	30:07
Autumn Durham	30:12
John Lubinski	30:14
Matthew Priebe	30:24
Jack Moses	30:45
Zoe Reading	31:01
Chris Reading	31:02
Jim Eagles	31:13
Pam Johnson	31:14
John Wheatland	31:40
Brian Lawton	31:56
Tegest Johnson	31:56
Ferne Kroeker	32:07
Trezaline Coffield	33:05
Jennifer Soler	33:47
William Hicks	34:24
Teddey Jones	34:27
Andrea Wills	35:37
Christina Takara	35:51
Myrtle Hughes	35:51
Jeanette Novak	37:13
Harland Abraham	37:50
Michelle Kvech	39:34
Arleen Dinneen	39:34
Karen Collins	42:12
Marylynn Doff	43:57
Melissa Burger	44:55
Jodi Destefano	44:58
Roxanne Hughes-Wheatland	52:10
Alexa Landrus	57:50



*At the start of the Run for Remembrance– who does not belong in this picture? (photo by Anne Fleming)*



*Ronnie Wong would have been first in his age group (60-69M), but instead he won a prize as the first Rotarian to finish. (photo by Anne Fleming)*



*That Karsten Brown– always clowning around. (photo by Mike Fleming)*

## ROAD WARRIORS OF SPRING

Compilation of the Road Warriors results has always been a tedious, time-consuming process, fraught with error and tribulation. But *Izzy Bowlesbey* and *Greg Lepore* recently stepped forward with new, state-of-the-art electronic tabulation software that matches your name with your results. The e-tabling even includes advanced heuristic algorithmic logic (HAL) that eliminates false positives through “fuzzy logic.” So if your name doesn’t appear in these results, you should check the Strider membership list. No more excuses, Mr. Jones.

### B & A MARATHON Annapolis, MD — March 4

4. Karsten Brown	2:55:09
Amanda An (5th F)	3:19:59
Hazel Chase	3:47:39
Laura Travisano	3:49:21
Tammy Liu	3:49:28
Aleah Zinalabedini	3:56:39
Greg Pinsky	4:23:44
Maura Dunnigan	4:30:05
David Karlheim	4:37:36

### B & A HALF MARATHON Annapolis, MD — March 4

Steven Muchnick (1st, 55-59M)	1:27:44
Bob Burns (2nd, 55-59M)	1:29:42
Richard Chase (3rd, 55-59M)	1:33:15
Bram Arrington	1:33:56
Julie Thienel (1st, 45-49F)	1:33:58
Chris Farmer	1:37:30
Dean Hof	1:39:02
Steven Grufferman	1:41:55
Wendy Allen	1:43:49
Elizabeth Cowan	1:46:23
Jill Calhoun	1:58:44
Glenda Rodriguez	2:02:16
Susan Groman	2:06:10
Amelia Mullican	2:08:54
Julie Baker	2:15:39
Susan Watson (3rd, 60-64F)	2:24:10
Pauline Chvilicek	2:33:20
Jean Evansmore (2nd, 70+F)	2:54:59

328 finished the full, 622 finished the half.

### LOWER POTOMAC RIVER MARATHON Piney Point, MD — March 11

5. Karsten Brown	2:51:33
Beth Lowenthal (3 rd F)	3:22:17
Hazel Chase	3:46:19
Alan Tominack	4:22:22

178 finished.

### KELLY'S SHAMROCK 5k Baltimore, MD — March 11

1. Carlos Renjifo	15:04
Seth Geoghegan	16:21
Mark Buschman	16:28
Craig Lebro	16:59
Keith Levasseur	17:08
Jason Tripp	17:12
Phil Lang (3rd, 40-44M)	17:29
John Chall (2nd, 50-54M)	18:36
Bobby Gessler (2nd, 55-59M)	19:00
Dennis Albright	19:35
Pat Wilkerson (1st, MF)	19:38
Vicki Lang (1st, 40-44F)	20:21
Greg Poirier	21:30
Grace Tran	21:31
Ronnie Wong (1st, 65-69M)	21:44
Dean Siedlecki	22:23
Luis Mendez	22:30
Melissa Hersh	22:46
Jonathan Kennedy	22:55
David Keelan	24:10
Diana Broemsen	25:10
Lynne Douglas (3rd, 55-59F)	25:48
Claudia Eckstrom	28:34
John Eckstrom	29:30
Clint Henderson	30:44
Brittany Lang	31:28
Tiffany Lang	31:28

The top finishers won cash prizes and the green beer flowed – even though St. Pat’s day wasn’t until the following Saturday. A huge field of 4146 finished.

ROCK 'N ROLL MARATHON  
Washington, DC — March 17

Karsten Brown (1st, 35-39M)	2:48:18
Keith Levasseur	2:54:27
Lawrence Groman	3:19:00
Hai Nguyen	3:19:33
Hafiz Shaikh	3:20:45
Lisa Farias	3:27:28
Daniel Kirk-Davidoff	3:34:17
Stephen Thienel	3:34:55
Kenneth Sevik	3:39:44
Grace Tran	3:42:10
Phyllis Sevik	3:43:00
Sigurd Knippenburg	3:43:27
John Bratiotis (PR)	3:45:44
Caitlin Groman	3:48:09
Von Jennings (3rd, 60-64M)	3:53:14
George Olean (pacer)	3:54:15
Patricia Keating	3:55:25
Robert Johnson	3:55:33
Roger Thibaudeau	3:58:08
Aleah Zinalabedini	4:12:34
Bill Dooley	4:17:24
Dwight Mikulis	4:22:08
Glenn Scimonelli	4:22:09
Chris Schauerman	4:22:41
Joseph Hanle	4:25:03
Kristen Ghaffarian	4:31:44
Conrad Fernandes	4:39:43
Cindy Perkins	4:48:20
Rebecca Holtz	4:52:37
James Scarborough	4:57:06
Glenda Rodriguez	4:58:46
Alan Tominack	4:58:46
Amanda Idstein	5:02:28
Pail Smith	5:02:53
Kathryn Ekey	5:03:23
Jessica Stern	5:26:52
Tammy Massie	5:32:05
Xiao Tu	5:34:06
David Horrocks	5:41:55

St. Patrick's day grew warmer as the morning progressed and it didn't help the marathoners. The first half of the course was pleasant and scenic, and had cherry blossoms. But the second half of the course was grim, fraught with construction and so forth. "At least they had water," reported *Becky Holtz*. "And ice in some places." Weekly series director *John Bratiotis* set a personal record. 3129 finished.



*With her performance at the Rock n' Roll Half, Caroline Bauer earned herself a spot the racing team. (photo by MarathonPhoto).*

ROCK 'N ROLL HALF MARATHON  
Washington, DC — March 17

Christopher Ryan	1:24:58
Caroline Bauer	1:28:55
Elizabeth Blom	1:29:35
Greg Orlofsky	1:38:35
Matt Decapite	1:39:02
Matt Pendergast	1:42:25
Paul Eyes	1:42:52
Kevin Criswell	1:43:17
Federico Cotilla	1:44:39
Marsha Demaree	1:45:39
Sean Dawson	1:45:53
Kelvin Hong	1:46:05
Jason McClung	1:47:04
Christine Josey	1:48:03
Megan Ressler	1:48:26
Eric Johnston	1:49:11
Bromley Lowe	1:50:49
Deborah Sharp	1:52:44
Karl Barrus	1:52:59
Judith Comiskey	1:54:01
Rosemary Lather	1:55:56
Leslie Burge	1:56:17
Margaret Barry	1:58:50
Lisa Harbaugh	2:03:28
Corey Marquart	2:05:18

		CHERRY PIT 10 MILER	
		Edgewater, MD – April 1	
Shelley Yore	2:05:22		
Lydia Joyce	2:06:50		
John Steinicke	2:07:44		
Adam Vanderhook	2:08:25	Karsten Brown	01:01:31
Robert Gettier	2:09:08	James Anderson	01:04:23
Navin Ghaffarian	2:09:37	Mark Rosasco	01:06:42
Andre Bryan	2:10:17	David Jun	01:07:56
Andrea Aldrich	2:10:18	Dave Orlik	01:08:29
Hamid Janloo	2:10:18	Steve Meininger	01:08:50
Brandon Marquart	2:12:21	Hafiz Shaikh	01:08:51
Heather Moldenhauer	2:12:40	Jeffrey Ward	01:11:33
Lydia Allera	2:12:40	Robert Blanco	01:12:19
Greg Thomas	2:12:41	Amanda An	01:13:56
Mark Schmidt	2:14:50	Carole Rosasco	01:15:22
Rebecca Pendergast	2:17:57	Bromley Lowe	01:16:47
Eric Remoy	2:19:17	Chris Farmer	01:18:18
Jordan Kelso	2:20:06	Dwight Mikulis	(PR) 01:21:21
Ronald Mabe II	2:20:53	Bill Dooley	01:24:05
Jason Marquart	2:21:41	Gregory Lepore	01:24:23
Joanne Calver	2:21:41	Christine Schauerman	01:24:24
Rae Marquart	2:21:41	Judith Weber	01:26:12
Brabara Boardman-Pavao	2:21:46	Terri Wytko	01:26:41
Brian LeCompte	2:23:13	Ron Weber	01:27:13
Amanda Quinn	2:23:24	Alan Tominack	01:27:43
Katherine Cavanaugh	2:26:06	Rebecca Holtz	01:28:53
Leslie Nissenberg	2:26:35	Glenda Rodriguez	01:30:41
Laura Quinn	2:27:36	Michael Elkonoh	01:31:23
Rebecca Austin	2:31:39	Steven Albertini	01:31:54
Andrea Ball	2:34:07	Sharlene Deskins	01:43:54
Kelli Shimabukuro	2:34:28		
Maggie Cochran	2:34:39		
Stacey Doherty	2:39:30		
Joanna Balz	2:41:15		
Aimee Goldman	2:43:48		
Judith Weber	2:45:58		
Chinenye Onyemaechi	2:49:32		
Matthew Wnuk	3:01:03		
Mike Lnych	3:18:41		
Lisa Farias	3:27:28		
Mary Rodgers	4:03:56		

The Annapolis Striders started this race 33 years ago as a sensible alternative to the frenetic Cherry Blossom 10 Miler, and many runners prefer this lower-key but still interesting event. Racing team hopeful *Dwight Mikulis* achieved a personal record at an advanced age. 535 finished.

At least the half-marathoners enjoyed the nicer part of the marathon course. With her 1:28:55, Caroline Bauer became the first person to move from the Developmental Team to the Racing Team. A few of the Striders served as pacers. 16291 finished.

AFCEA 5k  
Columbia Gateway — April 28

Michael Mbugi	18:47
Robyn Humphrey (1st F)	19:35
Kenneth Sevik (1st MM)	20:09
Daniel Smolyak (1st, 1-19M)	20:10
Dean Siedlecki (3rd, 50-59M)	22:14
Sridhar Chatrathi	22:26
Michael Smolyak	22:26
Bill Dooley	22:35
Christine Josey (1st, 50-59F)	23:22
Natalie Smolyak	23:39
Steven Albertini	24:44
David Matthews	31:43
Bill Abercrombie	35:03
Michele Erdman	38:12
Kathleen Floyd	38:15
Colleen Weisfeld	38:16
Susan Davis	39:50
Brenda Riley	39:51

The Armed Forces Communications and Electronics Association (AFCEA) has held this event five times, and *Robyn Humphrey* has won it each time. How much longer can she keep it up? This year a record 1211 runners participated. AFCEA held a family-friendly post-race party at Nottingham's.

IRON GIRL HALF MARATHON  
Columbia, MD — April 29

Anna Filipczak (2nd, 30-34)	1:30:43
Olga Chernova	1:33:18
Lisa Farias	1:33:42
Janelle McIntyre (1st, 45-49)	1:35:50
Lisa Saula	1:40:36
Perla Rodriguez	1:40:58
Phyllis Sevik	1:42:02
Wendy Allen	1:43:27
Amanda An	1:44:09
Grace Tran	1:45:58
Hazel Chase	1:46:53
Maura Dunnigan	1:47:10
Aleah Zinalabedini	1:47:21
Nancy Thompson	1:47:22
Amy Floyd	1:47:26
Tyler Grossi	1:47:45
Megan Ressler	1:50:15
Jill Calhoun	1:52:30
Tobi Goldstein	1:52:56
Julie Rosicky	1:53:26

Sonja Hitman	1:55:42
Sandra Wittholz	1:56:53
Sari Chapman	1:57:13
Robin Kovach	1:57:33
Micaela Crooks	1:58:24
Kristen Ghaffarian	1:58:32
Lynda Allera	1:58:34
Katelyn Ogden	1:58:40
Susan Groman	1:59:02
Lydia Joyce	2:01:11
Jeana Levin	2:02:47
Lisa Blodgett	2:03:01
Lora Shell	2:03:11
Patricia Dunbar	2:03:25
Gwen Musk	2:03:25
Karin Lawrence	2:03:33
Jessica Mayorga	2:06:47
Debbi Canterbury	2:07:46
Jaquisha Kearson	2:08:22
Rebecca Pendergast	2:12:00
Gloria Serrao	2:12:18
Amanda Idstein	2:12:58
Jen Hayashi	2:13:26
Denise Taylor	2:16:21
Emily Leclercq	2:16:36
Susana Montoya	2:16:56
Andrea Ball	2:21:36
April Kociolek	2:22:19
Laurette Dearden	2:22:51
Kelli Shimabukuro	2:24:37
Valerie James	2:24:42
Susan Wilt	2:28:19
Loretta Farb	2:33:16
Sarah Gettier	2:33:22
Christina Robinson	2:34:53
Debra Lacy	2:39:44
Karen Huguley	2:48:27
Sarah Rigsbee	2:51:27
Jamie Schardt	2:51:32
Maria Mosby	2:55:08
Teddey Jones	3:00:23
Tracy Sinclair	3:01:36
Janice Orlik	3:13:15
Melissa Mulreany	3:13:53
Amy Korman	3:26:18

This all-woman half marathon tied up traffic in Columbia throughout the morning of April 29, as 1657 women completed this race. The field included Joan Benoit Samuelson, former Olympic Marathoner, who won the 50-54 age group in 1:25:39.

IRON GIRL 5k  
Columbia, MD – April 29

Chris Farmer	25:02
Duane Linsenbardt	26:57
Barbara Walters	26:58
Jonathan Kennedy	28:00
Deborah Hemingway	28:08
Audrey Loudin	31:05
Amanda Loudin	31:05
Pam Johnson	31:47
Deidra Jules	31:53
William Hicks	32:03
Ferne Kroeker	32:25
Gabrielle Arguello-Abramson	34:25
Deanna Green	39:22

This shorter race was held in conjunction with the half marathon. If you couldn't run the half, either through miss-training, lack of desire, or gender conflict, you could still be part of the Big Day. About 320 finished this shorter event.

NORTH SOUTH MARATHON & RELAY  
Gettysburg, PA – April 29

4. Karsten Brown (1st, 35-39M)	2:51:08
Ronnie Wong (1st, 65-59M)	3:41:49
Joe Hanle	4:15:42

456 finished the 26.2 miler. In the mixed marathon relay division (2 men, 2 women), the Strider team of *Mike Fleming*, *Pam Rowe*, *Marsha Demaree*, and *Greg Lepore* finished 2nd among 21 other such teams 3:23:08. Greg ran very fast last leg, passing the eventual third place mixed team in the last 0.2 miles. Finishing in 6th place last year, the Strider relay team vowed to come back and get one those neat little Napoleon cannons. Hard training paid off with a second place finish this year. [Reported by Mike Fleming, GMR]



*Mike Fleming, Pam Rowe, Marsha Demaree, and Greg Lepore show off their cannons— the Strider relay team at the North-South Marathon. (photo by Mike Fleming)*

PIKE'S PEEK 10k  
Rockville, MD – April 29

Carlos Renjifo	31:47
Craig Lebro	34:50
John Chall	37:37
David Jun	40:05
Chuck Jewell	41:13
John Way	41:43
Janeth Scott	41:55
Robert Blanco	41:56
Dorothy Beckett	43:33
Harry Rowell	46:06
Guillermo Choy-Leon	49:55
Karen Harvey	52:23
Jack McMahon	56:58
Luis Diaz	57:45
James Blackwood	57:45
William Snelling	59:26
Robert Gurtler	1:03:07
Andrea Misner	1:09:11
Beverly Johnston	1:09:12
Susan Gum	1:15:10
Christina Caravoulas	1:21:00
Stephanie Stockwell	1:28:50

The real runners went to Rockville this weekend. Captain *Carlos Renjifo* clocked a 31:47 and didn't win anything— that's how fast the field was. In fact the top 10 men were all under 30 minutes! A huge field of 2752 streamed down Rockville Pike and created traffic jams that dwarfed anything Columbia experienced.

MARYLAND HALF MARATHON  
Maple Lawn, MD – May 6

2. Keith Levasseur	1:20:09
James Gilmore	1:26:30
Unsong Ostrowski (1st F)	1:27:34
Kelly Westlake (2nd F)	1:28:08
Stephen Bohse	1:28:22
Jake Oergel	1:30:22
Robyn Humphrey (3rd F)	1:30:24
Steve Meininger	1:30:53
Alan Mulindwa	1:31:57
Brian Martin	1:34:00
Fred Towner	1:34:37
Michael Bohse	1:36:02
Paul Eyes	1:38:28
Lisa Fichman (2nd, 50-59F)	1:40:32
Gregg Ford	1:41:59
Beth Lowenthal	1:43:59
John Macmillan	1:46:49
James Carbary (2nd, 60-69M)	1:47:35
Grace Tran	1:48:08
Michele Ritter	1:49:18
David Karlheim	1:49:49
Wendy Allen	1:50:01
Pam Rowe	1:51:48
Mikie Allen	1:57:45
Anna Chien	2:00:43
Adam Vanderhook	2:02:20
Anna Hogue	2:02:37
Navin Ghaffarian	2:05:10
Jodi Destefano	2:07:01
Yvette Oquendo-Berruz	2:09:45
Aleah Zinalabedini	2:12:36
Dane Jeeter	2:12:37
Robert Reid	2:12:50
Jamie Jung	2:15:48
Michael Gantz	2:25:08
Khushal Habibi	2:25:47
Lauren Collins	2:27:30
Kevin Spaulding	2:27:52
Laurette Dearden	2:32:40
Arleen Matelock	2:52:30
Ken Mazur	2:55:08
Connie Mazur	2:55:09
William Hicks	2:55:22
Teddey Jones	2:55:22



*Unsong Ostrowski won the women's division of the Maryland Half Marathon, but her biggest award came from running the last 8 miles faster than any other woman (or dog). (photo by Maryland Half Marathon)*

*Keith Levasseur came to this race with the goal of winning it outright, and he came very close. "At the starting line I was no more than a few feet from the winner," he explained. Led by Unsong Ostrowski, the Striderwomen finished 1-2-3. The course wound through the hilly back roads of Fulton and past the Applied Physics Laboratory. The race featured some unusual competitions: huge trophies for the male and female runners who completed the last 8 miles in the fastest times (Dozer's Dash, so-called because of the dog who wandered onto the course last year and ran 8 miles to the finish), and a crystal "county" cup for the Maryland finisher. 1188 finished.*

FREDERICK HALF MARATHON  
Frederick, MD – May 6

Nicholas Grossi (3rd, 30-34M)	1:22:48
Michael Mbugi	1:24:08
David Jun	1:29:13
Marc Hermstein	1:29:24
Caroline Bauer (2nd, 25-29F)	1:29:56
Daniel Sebring	1:32:33
Carlos Castrillon	1:34:31
John Way	1:34:39
Matt Pendergast	1:34:48
Matt Decapite	1:36:16
Kenneth Sevik	1:36:54
Hafiz Shaikh	1:38:41
Robert Blanco	1:40:47
John Bratiotis	1:41:27
Tammy Liu	1:42:25
Dave Orlik	1:43:56
Cecilia Murach	1:44:24
Amy Floyd	1:45:22
Marsha Demaree	1:45:33
Russ Owens	1:47:20
Sachin Mamgain	1:47:31
Tyler Grossi	1:49:18
Lizzette Smith	1:49:46
Matthew Bevan	1:51:15
Dwight Mikulis	1:51:15
Tim Techathuvanan	1:51:31
Heather Stroble	1:51:58
Stephen Mang	1:51:59
Chris Schauerman	1:52:20
Deborah Sharp	1:52:27
Nick Del Grosso	1:53:16
Izzy Bowlsbey	1:53:18
Judith Comiskey	1:55:12
Steven Albertini	1:55:24
Cindee Curtis	1:57:41
Marc Burger	1:59:06
Chris Marasco	1:59:37
Karin Lawrence	2:00:01
William Isley	2:00:02
Rosemary Lather	2:00:14
Keith Sigur	2:02:02
Amelia Mullican	2:03:01
Chris Reading	2:03:45
Mitchell Saula	2:04:25
Angela Sebring	2:06:08
Patricia Dunbar	2:06:37
Hamid Janloo	2:07:41
Debbi Canterbury	2:08:15
Megan Stine	2:10:03
Robert Gettier	2:10:18
Jessica Mayorga	2:10:56

Barrett King	2:14:15
Denise Taylor	2:15:32
Wendy Silver	2:16:36
Melinda Krummerich	2:18:25
Amanda Idstein	2:18:42
Sloane Fish	2:19:51
Brian Lecompte	2:20:16
James Corbin	2:23:04
Rebecca Pendergast	2:23:36
Ann Goodwin	2:28:30
Glenda Rodriguez	2:40:05
Shyamalesh Nandi	2:46:05
Beverly Byron	2:50:46
Myrtle Hughes	2:57:04
Duane Linsenbardt	3:04:14
Janice Orlik	3:07:53
Adam Stine	3:10:16

In spite of that perfectly acceptable half marathon in Maple Lawn, some Striders felt compelled to drive all the way to Frederick to run 13.1 miles. 4137 finished.

FREDERICK 5k  
Frederick, MD – May 5

Robert Oehrli (1st, 20-24M)	17:47
Nicholas Grossi (2nd, 30-34M)	18:16
John Bratiotis	20:31
Amanda An (1st, 25-29F)	21:35
Chris Farmer	22:09
Marsha Demaree	23:08
Jeana Levin	28:43
Amanda Idstein	30:19
Melinda Krummerich	30:21
Kerry Woods	30:31
Nathan Capelle	30:52
Angelique Lundberg	31:39
Ryan Levin	33:14
Jennifer Lok	33:28
Megan Stine	34:28
Myrtle Hughes	35:21
Beverly Byron	39:54
Jamie Schardt	53:17

The Frederick Running Festival also included a 5k the day before, and you be a real “nut job” by running both the 5k and the half. Some Striders were nuts, but we already knew that. *Nick Grossi* won awards in both races! 1224 finished.

ARMED FORCES WEEK 5k  
Ft. Meade, MD – May 11

1. Adam Wytko	18:21
Keith Levasseur	18:44
Frank Hemingway (1st 20-29)	19:49
Brian Fleming	20:21
John Chall (1st 50-59)	20:32
Ken Sevik	21:45
David Brightwell	21:55
Mike Fleming (1st 60-99)	24:59
Pamela Jock	26:11
Alan Murray	26:44
Hector Rosado	36:04

The actual distance was 5.4k but it was close enough for government work. The winning team “unit” consisted of the first eight individuals, all Striders, on the list above. 326 finished.



*Eric Schuler (son of race director Greg Schuler) crushed the field at the 2012 Musical Madness 5k. (photo by Musical Madness)*



*Robyn Humphrey, number 1 at Musical Madness. Again. (photo by Musical Madness)*

MUSICAL MADNESS 5k  
Maple Lawn, MD – May 13

1. Eric Schuler	16:49
2. Jeremy Rea	17:04
Gary Smolyak (1st, 15-19M)	18:22
Akintunde Morakinyo (1st MM)	18:27
Dave Berardi (1st, 50-59M)	18:31
Robyn Humphrey (1st F)	19:27
Caroline Bauer (2nd F)	19:45
Pat Wilkerson (3rd F)	19:47
Bobby Gessler (2nd, 50-59M)	19:54
Daniel Smolyak (2nd, 1-14M)	20:24
Richard Griffiths (1st, 40-49M)	20:34
Michael Dusenbery (1st, 30-39M)	20:41
Amanda An (1st, 20-29F)	20:54
Robert Blanco (2nd, 30-39M)	20:58
Ronnie Wong (1st, 60-99M)	21:30
Tacy Powers (1st MF)	21:32
Chris Farmer	21:43
Dorothy Beckett (1st, 50-59F)	21:45
Meredith Kefauver Olsen (1st, 30-39F)	21:57
Michael Smolyak (3rd, 40-44M)	22:05
Grace Tran (3rd, 30-39F)	22:29
Marsha Demaree (1st, 40-49F)	22:38
Timothy Prestel	23:14
Natalie Smolyak (2nd, 40-49F)	23:51
Kelli Habicht	24:28
Rosemary Lather (2nd, 50-59F)	24:55
Scott Habicht	25:07
Lydia Joyce	25:13
Kristen Ghaffarian (3rd, 20-29F)	25:22
Elisabeth Jubinski	25:54
Michael Gantz	28:35
Tristan Gantz	31:00
Laurette Dearden	31:20
Miquel Antoine	31:28
Christine Jubinski	31:40
Ethan Gantz	34:14
Jo Barnosky	35:11
Trezaline Coffield	35:55
Susan Gantz	38:49
Arleen Dinneen (3rd, 60-99F)	56:17

Eric and Robyn repeated as winners. Live music at the finish! The Musical Madness race serves as a fund-raiser for the Reservoir High School Music Boosters. There were 181 finishers.

MCVETS 5k  
Baltimore, MD – May 27

6. Phil Lang (1st, 40-49M)	17:40
Ronnie Wong (1st, 65-99M)	21:51
Amanda An	21:56
Chris Farmer	22:49
Karen Harvey (1st, 55-59F)	25:03
Beverly Byron	37:48

MCVETS 10k  
Baltimore, MD – May 27

Conor Jennings	41:05
Richard Chase (1st, 55-59M)	42:05
Ronnie Wong (1st, 65-99M)	45:17
Amanda An	45:47
Von Jennings (2nd 60-64M)	46:20
Eric Johnson	48:54
Hazel Chase	49:29
Chris Farmer	49:35
Karen Harvey (1st, 55-59F)	55:38

You could race both the 5k and the 10k. The only trouble was that the 10k started an hour after the 5k, and it was already a hot, humid morning when the 5k started. Both *Ronnie Wong* and *Karen Harvey*, however, won their age groups in both races. And Ronnie was the first 60+ male to finish the Run for Remembrance 5k the next day! 345 did the 5k and 252 did the 10k.

CHESTERTOWN TEA PARTY 10M  
Chestertown, MD – May 26

9. Stephen Turner (1st, 45-49M)	1:09:25
10. Donnie Chapman (2nd, 50-54M)	1:09:25
Ron Weber	1:29:07

The 36th Annual Chestertown 10 Miler was part of the patriotic weekend at Chestertown on the Eastern Shore. The festival included a parade, raft race, raffle, reenactment, and foot race. Unfortunately, it was 80F and sunny. 248 completed the 10 miler.



*The Death March Marathon in the Arizona Desert. With backpacks. Water optional. (photo by Judith Weber)*

## SPECIAL RECOGNITIONS

- On March 25, *Judith Weber* participated in the Bataan Death March Marathon in White Sands, NM. She reports a time of 11:36. She carried a 42lb rucksack through the desert in temperatures of about 90F. The marathon honors the defenders of the Philippine Islands in WWII. [For comparison, she ran the New Orleans Rock and Roll marathon– a normal marathon– on March 4 in 4:11. There, conditions were merely “hot.”]
- With a 1:29:56 at the Frederick Half Marathon (May 6), *Caroline Bauer* became the first runner to graduate from the development racing team to the elite racing team. She now has run two half marathons in under 1:30 and will become a fixture on the racing team. Congratulations, Caroline!
- *Mick Slonaker*, captain (and sole member) of the Striders Northern European Racing Team (SNERT), reports that he won his age group (60-64M) at the Rock n’ Roll Half Marathon in Edinburgh, Scotland, on April 15 (1:29:52). On May 6, Mick finished third in his age group at the UNICEF Half Marathon in Geneva, Switzerland (1:28:38).

## ALL FRUIT RELAY

Sixteen teams came out the hot, sunny Sunday afternoon of May 27 to run the Annual All Fruit Relay. The neighbors must have been confused as people were carrying or wearing a variety of fruits throughout the two mile loop course. Pirates carried their fruit booty in a small treasure chest, people running in honeydew helmets, kumquat necklaces, even a large box of froot loops. The pirates even staged a sword-fight during a hand-off. The pirates of Team Dominate easily won the race. Dominate has won the relay in the last several years. [reported by *Marc Burger*.]

Can you determine the fruit relayed by each of these teams?

ALL FRUIT RELAY 2mi x 4  
Oakland Mills Middle School – May 27

1. Team Dominate 46:37  
(J.P. Allera, Kyle Andrews, Chris Barnard, Travis Boccher)
2. Toe the Lime 54:25  
(Mike Fleming, Mike Dusenbery, Brian Fleming, John Chall)
3. Toucan Kar 55:16  
(Karsten Brown, Karsten Brown, Karsten Brown, Karsten Brown)
4. Melonheads 58:19  
(Chad Burger, Eric Johnston, Marc Burger, Chris Farmer)
5. Jr. Striders 58:21  
(Anders Chattin, Camden Gilmore, Shane McGovern, Mats Chattin)
6. Posse Goes Bananas 1:01:44  
(Steve Anderson, Faye Weaver, Amanda An, Julia Skinner)
7. Kick Ass Kumquats 1:02:15  
(Ron Weber, Matt Bevan, Amy Floyd, Cecilia Murach)
8. Fruity Pebbles 1:06:26  
(Bonnie Pilkington, Gretchen Tucker, Connor Tucker, Eric Tucker)



*The pirates hand off the treasure chest—actually a small lunch box filled with fruit. (photo by Jim Carbary)*

9. Fruit Loops 1:08:03  
(Lynda, Carrie, Bob, Greg)
10. G & T 1:08:21  
(Bill Dooley, Leslie Nissenberg, George Kroeker, Ferne Kroeker)
11. Plaintain Ninjas 1:10:09  
(Susan Kim, Rocco Delpo, Noah Kim, Scott Delpo)
12. Bulls Eye Coaches 1:10:14  
(Carina Chattin, Peggi McGovern, Chris Chattin, Mark Gilmore)
13. Lime & Punishment 1:13:16  
(Stanley Way, Karen Harvey, James Scarborough, John Way)
14. Shiny happy Posse holding starfruit 1:16:11  
(Susie M., Theresa S., Sarah T., Ken C.)
15. Alan ditched us 1:16:51  
(Lucas Gayk, Missy Burger, Michael Miles, Kendra Smith)
16. 2 x 2 1:19:36  
(Melinda Krummerich, Jaquisha Kearson, Melinda Krummerich, Jaquisha Kearson)

## SUMMER SCHEDULE

With all the great Strider summer programs and races, you won't want to go on vacation at all. Sample from the weekly races, the wildly-popular Friday night cross country races, and the family-friendly Centennial Fun Runs. All these races are conveniently scheduled for the evening hours to assuage the effects of the summer heat. If you really want to run that full or half marathon, check out the Next Step™ training program beginning on July 10. Burgers and dogs and suds will be featured at the Volunteer Picnic on July 22. Coach Lang gets the kids ready for fall cross-country with weekly training sessions beginning on June 7. Celebrate women on the run at the Women's Distance Festival 5k on the morning of July 8. Finally, if you can redline it for one mile, you'll want to race the Meet of Miles on July 18.

Let's hope the weather cooperates this summer!

### THE SCHEDULE

6/7 Summer Striders Base XC #1  
6:45p Howard Community College  
[bullseyerunning.com/Youth.html](http://bullseyerunning.com/Youth.html)

6/8 XC Series #1 – 5km  
6:30p Wilde Lake High School  
[coachlang@hotmail.com](mailto:coachlang@hotmail.com)

6/12 Centennial Fun Run #1  
7:30p 10114 Colonial Drive  
(see complete schedule p. 13)  
Arleen 410-465-7735

6/15 XC Series #2 – 5km  
6:30p Oakland Mills High School

6/27 Summer Series #1 – 2mi, 5mi  
6:30p Burleigh Manor Middle School  
[www.striders.net/weekly-series/](http://www.striders.net/weekly-series/)

6/29 XC Series #3 – 5 km  
6:30p River Hill High School

7/8 **Women's Distance Festival 5k**  
8:00a Howard Community College  
[striders.net/races/wdf/2012](http://striders.net/races/wdf/2012)

7/6 XC Series #4 – 5km  
6:30p Centennial High School

7/10 Next Step™ Half/Full Marathon  
6:30p [striders.net/programs/next-step-marathon/2012](http://striders.net/programs/next-step-marathon/2012)

7/11 Summer Series #2 – 1mi, 5km  
6:30p Swansfield Elementary School

7/18 **Meet of the Miles** – 1mi  
6:00p Oakland Mills High School

7/20 XC Series #5 – 5km  
6:30p Reservoir High School

7/22 Volunteer Picnic  
11a-3p Centennial Lake Park  
Pavilion O

7/25 Summer Series #3 – 2mi, 5mi  
6:30p Clarksville Elementary School  
**\*\*\*\*\* new course \*\*\*\*\***

7/27 XC Series #5 – 5km  
6:30p Hammond High School

8/8 Two Person Relay – 10 x 0.25mi  
6:30p Oakland Mills High School

8/22 Summer Series #4 – 2mi, 6mi  
6:30p Thunder Hill Elementary School

8/29 Summer Series #5 – 2mi, 10km  
6:30p Jeffers Hill Neighborhood Center

9/5 Summer Series Awards – 5km  
6:30p Lake Elkhorn/Savage

For complete information on all these Strider events, check the website:

[www.striders.net](http://www.striders.net)

## PRESIDENT'S LETTER FOR SUMMER '12

Wow! The Striders are famous in Howard County after our testimony about getting access to lit tracks during the winter was well received by the school board and school officials. Nearly 40 Striders were at the hearing in early May to help get out our message. The Howard County Times and Columbia Flyer since have given very positive reviews about our request.

After discussions with important people at HC Parks and Rec and the HC School board, the joint use agreement for the new high school turf fields was broadened to encourage community groups like the Striders to be able to use the existing tracks.

So, the hope is that we will have access to lit tracks during the winter at a local Columbia high school which will improve the safety conditions for our runners especially compared to dark and icy roads.

Other exciting news for the Striders is that we have been involved in 5 major running events so far in the county and each one has had record registration and participation. Much of this is due to the efforts of Special Races Director, *Paul Goldenberg* and Communications/Media Director *Amanda Loudin*. The second running boom is here and we are helping to encourage it with quality events and top-notch group training programs. Our Next Step F.I.T. and 10K/10Mile programs are nearing completion with outstanding coaches and results by the runners. Thank you to our coordinators and coaches.

Two ingenious Striders, *Izzy Bowsbey* and *Greg Lepore* worked on a "Python" program to search through finish results of races and identify with high probability the HC Striders that participated. This program then puts together that list with race results and is used by our terrific newsletter creator, *Jim Carbary*. A process that Jim used to have to eyeball and cut and paste by hand is now working with *Carlos Renjifo* speed. Thanks Izzy and Greg!

What is coming up this summer and into fall? Damien's 10K, the well orchestrated WDF 5K under Race Director *Tacy Powers*, our incredible Striders picnic on July 22

managed by the *Burger* brothers, *Marc* and *Chad* and ably assisted by *Missy Burger* along with many other helpers. Fall brings us the offbeat but highly desirable medals at the Bagel to Beer Marathon with *Hafiz Shaikh* returning as RD again. Police Pace, Grapevine 8K and the best fall race in the county, HC Striders Metric Marathon. After 10 incredible years as race directors, *John* and *Ann Worley* are turning over the reins to *Keith Levasseur* and *Grace Tran*. Pacers will return and there will be more thrills for everyone.

Stay running my friends,

*The Prez*

YOUR 2012  
HOWARD COUNTY STRIDER  
BOARD OF DIRECTORS

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John Bratiotis	Weekly Series
Marsha Demaree	Special Programs
Amanda Loudin	Media-Communications

To contact any of these individuals, use the secret email protocol:

<boardposition>@striders.net

Don't forget these Strider events this Summer:

Damien's 5k – Columbia Gateway, COPT Building  
8:00 am, Sunday, June 10, 2012

Women's Distance Festival 5k – Howard Community College  
8:00 am, Sunday, July 8, 2012

Strider Volunteer Picnic – Centennial Lake Park, Pavilion O  
3:00 pm, Sunday, July 22, 2012

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